

Rainbow Chili

Makes: 8 Servings

"I love to eat colorful, flavorful food! That's why I created Rainbow Chili," says Simone. "It's an easy way for kids to eat a whole lot of vegetables—one from almost every color of the rainbow. I've been helping in the kitchen since I was 3. I like to cook because you get to put all sorts of different foods together and taste it before anyone else. I think we make better food at home than even fancy restaurants. And I think that kids will eat more vegetables if they look beautiful and taste delicious."

Ingredients

- 1 tablespoon** olive oil
- 1** onion, peeled and diced
- 4** celery stalks, thinly sliced
- 2 tablespoons** peeled and minced garlic
- 1 pound** lean ground turkey
- 2 tablespoons** chili powder
- 1 tablespoon** ground cumin
- 2 teaspoons** salt
- 2** (14-ounce) cans fire-roasted diced tomatoes
- 2** large sweet potatoes, peeled and diced
- 1** (16-ounce) bag frozen corn
- 1** bell pepper, seeded and diced
- 2** (15-ounce) cans black beans, drained and rinsed
- 1 bunch** fresh cilantro, finely chopped

Directions

1. **In a large stockpot**, heat olive oil over medium-high heat. Add the onions, celery, garlic, turkey, chili powder, cumin, and salt and cook, breaking the meat up with a wooden spoon, for about 10 minutes, or until the turkey is cooked through.
2. **Add the tomatoes**, reduce the heat to medium-low, and



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	562	
Total Fat	18 g	28%
Protein	47 g	
Carbohydrates	57 g	19%
Dietary Fiber	18 g	72%
Saturated Fat	3 g	14%
Sodium	729 mg	32%

*Percent Daily Values are based on a 2,000 calorie diet.

simmer a few minutes before adding all the other ingredients, except the cilantro. Add 8 cups of water, bring to a boil, then reduce the heat to medium-low and simmer for approximately 45 minutes. Add the cilantro right before serving. Enjoy!

The 2015 Healthy Lunchtime Challenge Cookbook